



Travel Destinations & Activities

Weekly Trip Crystal Springs

Entrance fee \$2 per person. \$1 suggested donation for gas. Need 5 people to make this trip a go. Wednesdays at 2:00 p.m. back by 4:30.

April 6, 2010; 10:00 Brunch & Learn Osteoporosis & Falls Risks

Dignity Home Health & Hospice will be sponsoring the Brunch & Learn this month. Their presenter will be Dan Daily, Physical Therapist. Dan has over 13 years of experience and comes to Utah from the North East. He will be speaking on the pitfalls of animals after surgery, medications for osteoporosis, the statistics for men and women with osteoporosis, and a Q & A period. Dignity serves Utah County to Box Elder County. Join us for this informative session.

April 7, 2010; 1:00; \$3.00 Card Making Class with Donna

Donna, owner of Just Bee Scrapin' will be conducting a class at the Senior Center on the first Wednesday of the month through June. Sara will display a sample on her office door. All the supplies will be on hand and ready for you to complete your project.

April 7, 2010, 3:00 p.m. Dinner & a Movie \$10

We're headed to Newgate Mall for an evening of fun, and dinner and a movie. Dinner is at the food court with your choice of ten different vendors to choose from. Then it's off to the movies at the Cineplex in the mall. Time permitting, you might want to visit some of the shops before the movie. Great friends and good food. Movie TBA.

April 16, 2010; 10:00 Tulip Festival; \$15

Thanksgiving Point is the venue of the Tulip Festival. One hundred varieties of tulips bring out all the colors of the rainbow in their blossoms. There are 25,000 bulbs planted throughout the 55-acre gardens. There is an art exhibit by Sarah Samuelson displaying her paintings of tulips.

Bring your camera for some fantastic photo opportunities, and wear good walking shoes.

April 21, 2010; 2:15 p.m. Clark Planetarium \$15

Bugs are bizarre, beautiful, and an endless source of fascination. The Clark Planetarium is the location to see the bugs face to face in 3-D. This showing of the amazing universe of creatures begins at 4:00 p.m. We will stop in Centerville on the way home for dinner.

April 21, 2010; 10:30 Suncatchers Craft with Integrity Home Health & Hospice; NC

Join us as we make Suncatchers for your enjoyment this summer. Bring an old shirt to cover your good clothes.

April 23, 2010; 12:15 Medication—"I Am in Control"

Awareness of how people take advantage of you to get to your narcotics for their personal use. What to watch for.

April 24, 2010, 7-11 a.m. Pancake Breakfast \$5 & 5 K/1 mi Walk; Senior Center

It's that time again to treat yourself/family to a delicious pancake breakfast with eggs, sausage, orange juice/milk/coffee. This fundraiser by the SPIKE Club is an annual occasion for the Center.

An addition to this event is the Senior Center 5K walk/run. One of our seniors has organized this event for those who would like to

walk in memory of a loved one. Can't do the 5K? Then have your running shoe (paper) put on the Memorial Board to remember your loved one for the cost of \$1.

See page 3 for more details, or contact Sarah.

April 26, 2010 Wendover

Sign up early if you want to get out of town for the day and head for Wendover. Some participants just go for the food which we hear is delicious. Bingo and a movie on the way down.

April 30, 2010, 10:00 a.m. Simply Treasures Craft Boutique

Come join us for a fun day of craft shopping. If you have gone with us to the Simply Treasures Christmas Boutique, you know what a fun time it is. It's like going to 20 craft stores under one roof. The cost is \$7 per person. There will be a lunch stop after shopping.

COMING YOUR WAY

May 7, 2010, 9:15 a.m. What a Woman Wants Show \$10

This is the Ultimate Girls' Day Out! This event in Layton offers makeovers, skin care, the latest home décor, health and wellness. You can find a great selection of jewelry, clothing, purses and cleaning products, not to mention the best gifts for any occasion. There will be exciting guest speakers as well. Lunch is planned after we spend a few hours at the show.

May 20, 2010; 11:00 a.m. Hogle Zoo \$12

We're off to see the . . . Lions, tigers, and elephants, oh my! The zoo has been in existence since 1931 and is listed as the number one paid tourist attraction in Salt Lake City. It is spread out over 42 acres in a natural hillside terrain with tree-covered walkways.

Did you know that the zoo is open 365 days a year?

Join us for a fun day.